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"I would like to

**P.M.** Use a retinol treatment, alternated with a peptide cream. "Many Caucasian women use harsh scrubs to exfoliate, but the better, gentler choice is adding a retinol treatment to your regimen, which both increases collagen production and helps to get rid of dead cells by speeding up your skin's natural exfoliation process," says Hirsch. She recommends a serum or concentrate with up to 0.1 percent retinol, such as **SkinMedica Tri-Retinol Complex ES**, \$75.